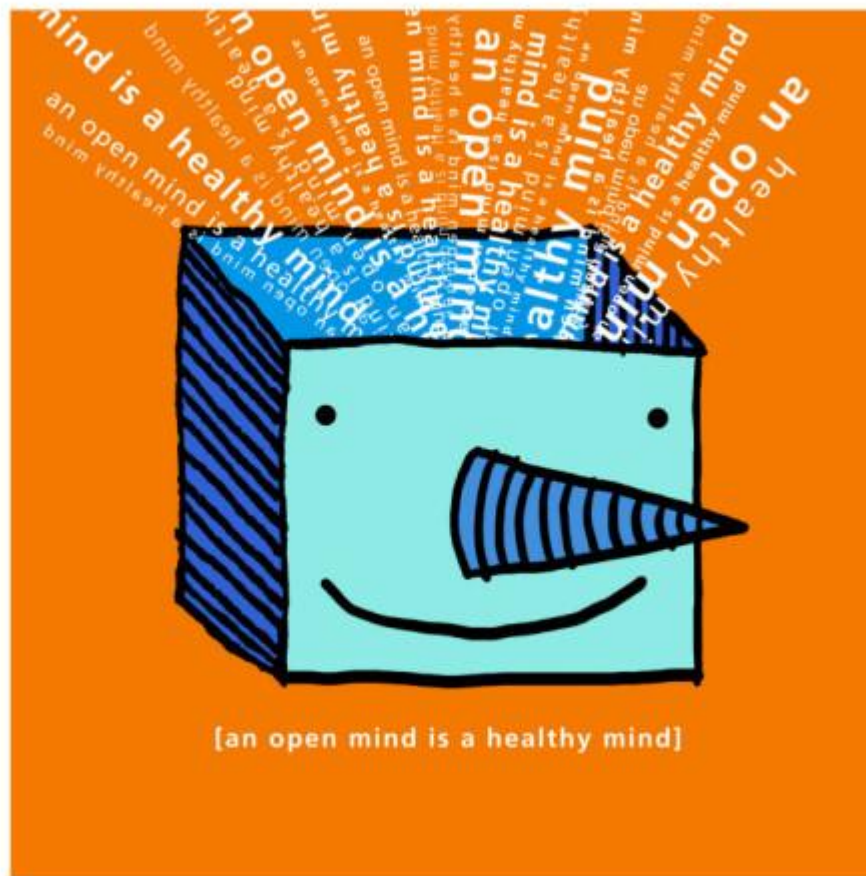


Leading with Care

EQ Tools with Ann Wilberton



[an open mind is a healthy mind]

What is it?

Self Awareness

having a deep understanding of one's emotions, strengths, weaknesses, needs, and drives and their effect on others

Self-Regulation

ability to control or redirect disruptive impulses and moods

think before acting

Empathy

ability to understand the emotional makeup of other people

Social Skill

Ability to manage relationships, to find common ground and build rapport

Motivation

Passion to work and pursue goals with energy

Attention

LOVE

Thanks!

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Empty Boat Practice

When you're angry because someone stole your parking space, or your spouse left the sink filled with dirty dishes or your coworker passed the buck, label the situation: empty boat and commit to letting it go. If your mind keeps going back to it, *but I told him to clean the dishes*, keep reciting : empty boat, empty boat, empty boat. Write it. Say it out loud. Say it silently. Do what you have to do to be able to experience a situation, label it and let it go. Fueling anger over life's angering moments big and small only succeeds in fueling your own suffering. Anger doesn't really feel good and it leaves a hangover.

A Simple Breathing Meditation

1. Sit. Sit on the floor. Sit on a chair. In either case, make sure you are sitting up straight and not slouched or slumped. Wear comfortable clothes.
2. Breathe. Think about your breath going in and going out. Breathe slowly. Follow the air as passes your lips, fills your lungs and your diaphragm expands. Use a word or phrase: I breathe in calm. Breathe out stress. Or (in) calm, (out) peace.
3. When your mind wanders label it: thought or thinking and return to the breathe. This will happen. Don't beat yourself up over it or label it failing. This is what happens. Your mind wanders and you gently bring it back to the breath.
4. Set a small goal and build. 10 minutes a day or every two days and build to more time and more days. Again, it is not failure if you don't reach your goal. If you have 5 minutes, then do 5 minutes. 5 minutes every day is better than 30 minutes once a week.
5. Try to do it the same time every day. Build a habit of meditation.

Loving-Kindness Meditation

This meditation can be done anywhere / anytime. I've done it on the subway, in the car, lying in my bed at night, when I wake in the morning, when I was walking down the sidewalk, when I was sitting on the beach in Asbury Park, NJ and so many other times and places, I can't keep track anymore. There are five parts to it. Sometimes, when I'm in a rush I only do one specific part.

The meditation can be altered and there are plenty of examples out there in books on meditation and on the internet. The example on the back of this card is the one I use on a regular basis.

Resources:

Loving Kindness by Sharon Salzberg

The Wisdom of No Escape: And the Path of Loving Kindness by Pema Chodron

Training the Mind and Cultivating Loving-Kindness by Chogyam Trungpa